

# WALK MORE IN FOUR 2013

START THE YEAR ON THE RIGHT FOOT BY WALKING

AND BIKING TO SCHOOL FOR THE CHANCE TO WIN PRIZES!

You can win a bike, scooter, helmet or other donated prizes just by walking or biking safely to school three days a week in September. Do it for four weeks in a row and you will be eligible\* for the drawing.

(\*) Participation open to Utah K-8 students

## HERE ARE THE RULES:

Walk or bike to school at least three days a week for the next four weeks, starting Tuesday, Sept. 3 and ending Thursday, Sept. 26.

Students unable to walk to school due to distance can still participate by practicing safe habits while walking or biking in their neighborhoods.

Mark your progress each week on this chart and have your parent/guardian sign it when complete, or go to the SNAP website to track your walking and biking online.

Hard-copy and online progress charts must be received by **Wednesday, Oct. 2**, to be entered in the prize drawing. You can submit your chart via:

• **(New This Year!) Online Progress Chart:**  
[udot.utah.gov/WalkMoreInFour](http://udot.utah.gov/WalkMoreInFour)

• **Mail:** UDOT SNAP  
 375 West 200 South, Suite 275  
 Salt Lake City, Utah 84101

On Friday, Oct. 4, UDOT SNAP will draw the winners and award the prizes.



**SNAP**  
 Student Neighborhood  
 Access Program

## RECORD YOUR PROGRESS HERE!

MARK EACH DAY YOU WALK/BIKE TO SCHOOL

WEEK 1  
WEEK 2  
WEEK 3  
WEEK 4

	TUE. SEPT. 3	WED. SEPT. 4	THU. SEPT. 5	FRI. SEPT. 6
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON. SEPT. 9	TUE. SEPT. 10	WED. SEPT. 11	THU. SEPT. 12	FRI. SEPT. 13
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON. SEPT. 16	TUE. SEPT. 17	WED. SEPT. 18	THU. SEPT. 19	FRI. SEPT. 20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON. SEPT. 23	TUE. SEPT. 24	WED. SEPT. 25	THU. SEPT. 26	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

How often did you walk/bike to school each week last year?  
☐ Never ☐ 1-2 days/wk. ☐ 3-4 days/wk. ☐ Every day

Student Name (please print) \_\_\_\_\_ Grade \_\_\_\_\_

School Name \_\_\_\_\_

School District \_\_\_\_\_ City \_\_\_\_\_

Contact Phone Number \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_